

- [Department Wellbeing Advocates](#)
- [Nightline](#)
- [College tutor](#)
- [Chaplaincies](#) – various faiths and denominations
- [CPFT Psychological Wellbeing Service](#)
- [MIND in Cambridgeshire](#)
- [SANE](#)

- [Department Postgraduate Representatives](#)
- [UoC – Group Counselling](#)
- [College MCR Welfare Officers](#)
- [CUSU Disabled Students' Campaign Community Group – specific Facebook support groups](#)

- [UoC Disability Resource Centre](#)
- [UoC and College Counselling](#)
- [College nurse](#)
- [CUSU Student Advice Service](#)
- [QWELL](#)

I want to talk
to someone

I want specific
advice and
support

I want peer
support

I want
information or
online resources

- [UoC Student Wellbeing pages](#)
- [UoC Training Portal](#) – self-taught and live courses
- [UoC Wellbeing videos](#)
- [UoC LinkedIn Learning](#)
- [CUSU and Graduate Union pages](#)

WELLBEING RESOURCES FOR POSTGRADUATE STUDENTS

I want support
relating to
sexual health,
sexual assault,
or domestic
violence

- [UoC Sexual Harassment and Violence Advisor](#)
- [Lime Tree Clinic](#)
- [The Elms Sexual Assault Referral Centre](#)
- [Cambridge Rape Crisis Centre](#)
- [Cambridge Women's Aid](#)
- [REFUGE](#)
- [Men's Advice Line](#)
- [Rape Crisis](#)

I am having a
mental health
crisis or medical
emergency

- Emergency services: 999
- Non-emergency: NHS 111, option 2 for a 24/7 mental health professional
- [Department first aiders](#)
- [University Security Office](#) +44 (0)1223 767444
- [College porters](#)
- [SAMARITANS](#)
- [SPUK](#)

I want a space
for reflection

- [UoC Mindfulness Workshops and drop-in mindfulness sessions](#)
- [UoC Facilities for Reflection and Prayer](#)
- [Cambridge Buddhist Centre – mindfulness and other sessions](#)